

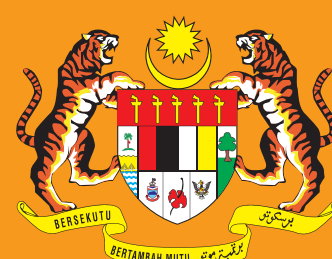
# I Handle **my** STRESS POSITIVELY

If I think **positively...**

I feel **positive**

My Life will be **positive**

My action will be **positive**



Health Education Division  
Ministry of Health Malaysia